

Chart Your Change Now Newsletter

Change Your Thoughts and Change Your Life

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Positive Butterfly Power

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[The Four Basic Truths Of Really Effective Communication](#)

Five Elements of Effective Communication

- Be aware of your communication with yourself and others.
- Effectively use and interpret verbal messages.
- Effectively use and interpret nonverbal messages.
- Listen and respond thoughtfully to others.
- Appropriately adapt messages to others.

Dear Reader,

"A butterfly's wings can be felt on the other side of the world."

-- Chinese proverb

THE SUBTLE INFLUENCE OF BUTTERFLY POWER

"Does the flap of a butterfly's wings in Brazil set off a tornado in Texas?"



Power is an important expression of the deep-seated human desire to have an impact on others and feel connected to them. In our global society, it is increasingly difficult for an individual to feel he or she has an impact upon society as a whole.

In our postmodern society, spiritual and humanistic values have declined in the face of the rising central value of power. If you are skeptical about the power theme around the world, just notice what you are surrounded by: the power of money, the power of personality, political power, the power of religion, the power of the internet, firepower, and so much more.

Our obsession with power may be simply a symptom of our sense of our own powerlessness. How many times have you been frustrated by trying to resolve a problem by making a call and getting voice-mail instead of a live human being. We don't feel powerful enough to fight the corporation, the bureaucracy, the system or some other entity lurking within our psyches.

In the late seventies, the Czech writer Vaclav Havel proposed what he called "the power of the powerless." Havel knew there was little hope that any of the traditional powers -- such as a liberating army or an internal uprising -- could transform the post-totalitarian society gripping Czechoslovakia.

Havel came to realize that power within his country was not maintained by traditional forms of hierarchical leadership. Rather, it was kept in place by the active collusion of society's least powerful members operating within what he termed an "automatism." Think Nazi Germany or Afghanistan today. The system depends on everybody playing along in an almost unconscious way. The motto of society's least powerful is "I am obedient and have a right to be left in peace."

Peace can be pricey and obedience doesn't necessarily give it to you. Read this month's article below:

Positive Butterfly Power!

Inspired by "Seven Life Lessons of Chaos."

I love hearing from you. Send your thoughts, questions, and

comments. Click on [Just Ask Me.](#)

POSITIVE BUTTERFLY POWER

"If you call forth what is in you, it will save you. If you do not call forth what is in you, it will destroy you."

-- Gospel of Saint Thomas

POSITIVE BUTTERFLY POWER

Positive butterfly power goes hand in hand with a need for basic humility, because we realize that the key to change doesn't so much lie in a single individual's action as in the way many different "feedback loops" interact. Havel termed the actions of individuals finding ways to engage in authentic individual creativity as, "living in the truth" -- the simple course of opening ourselves up to uncertainty, discovering the edge between themselves and the rest of the world and taking action based on that discovery. In our authentic realization of the truth of the moment lies our ability to deeply, if humbly, influence even the most rigid systems and empty phrases.

One tiny act can cascade through the whole. Exert your power in the spirit of engaging your own creativity in the circumstances of the moment and bring to bear your subtle influence, even if you don't always see it.

In Montgomery, Alabama of the 1950's, Rosa Parks demonstrated the subtle influence of living in the truth and how it can sometimes have dramatic and unimaginable effects. When an individual realizes his/her freedom to exert his/her subtle effect, he/she becomes an unpredictable element in an otherwise controlled society.

What will you influence with your subtle effect by living in the truth? Not pitting power against power -- but by living and speaking your truth. What price might you be paying by playing along in an inauthentic manner -- whether in the workplace, at home, personally? And how will you cause a chain effect of (feedback loops) interactions by just living in the truth?

**** A feedback loop example:** the rising temperature on the Earth changes the environment in ways that then create even more heat and unknown consequences. Scientists consider feedback loops the single-biggest threat to civilization from global warming. Past a certain point - the tipping point, they say -- there may be no stopping the changes.

"Every violation of truth is a stab at the health of human society."

-- Emerson

Inspired by "Seven Life Lessons of Chaos."

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Have a Joyful Month,

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